



# McDowell County FACES Newsletter

## The FACES of HOPE

December, 2013

facesfrn.com

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### CHRISTMAS COMMUNITY ASSISTANCE

Each year we have community assistance provided through the Thanksgiving and Christmas Holidays. This is done to make sure families and children have sufficient food for the holidays, toys, and in many cases an opportunity to simply enjoy the holidays without the stress that comes when you are not able to “buy” for your family. There are many reasons why people need help at this time of the year: the seasons bring colder weather costing more in heating bills; parents sometimes have to purchase warmer clothing for the winter which sets them back financially. Whatever the reason there are many families that simply need a hand during this time of the year. Here is a list of locations that will be doing this:

**WV State Police**, Welch Detachment working through DHHR at 304-436-8302. Contact them for distribution information.

**Appalachian Ministries Network** at Northfork United Methodist Church, Saturday, Dec. 7th, 10:00 am to 2:00 pm. No sign up required. Child and an adult parent or guardian must be present to participate.

**Northfork United Methodist Church**, Dec 21, 2013

**School for Life** at the old Gary High School, December 7th, by invitation only, contact DHHR at 304-436-8302.

**Iaeger Elementary School** December 7, 2013 from 10-2. Child and adult or guardian must be present to participate.

**Big Creek People in Action**, by invitation only.

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Please note that many of these are not income determined. If you are working, having difficulty meeting the needs of your families please do not hesitate to participate in these assistance programs. They are designed to assist and benefit all children. DHHR is helping coordinate and distribute these items however it is not required that you be a client of DHHR in order to participate.



### McDowell County Lunch-And-Learn

Each year, the HOPE Coalition offers opportunities for reflections, celebration, and education on their Susan G. Komen for the Cure Breast Cancer Circle of HOPE Project. On December 12, 2013, McDowell County FACES will host a Lunch- and-Learn in lieu of their monthly meeting. The lunch will start at 12:00 noon at the

McDowell Public Library. Representatives from Susan G. Komen, survivors, support group members, families that have had someone succumb from breast cancer, HOPE and FACES members will be present to share in this event. Please mark your calendars, rsvp to Kathie Whitt at 304-436-5255 by December 9, and plan on attending.

We will view a power point presentation on our Circle of HOPE initiative.



# December is National Drunk, Drugged Driving

## (3D) Prevention Month

The holiday season is in full force, with holiday parties scheduled and Christmas day and New Year's Eve parties looming. While I encourage you to enjoy the season and its opportunities to rejoice with Family and friends, I urge you to do so responsibly. December is National Drunk and Drugged Driving (3D) Prevention Month.

Of course, the principal concern is that driving under the influence of any drug that affects the brain could impair one's motor skills, reaction time and judgment. Impaired driving is a public health concern because it puts not only the driver at risk, but also passengers and others who share the road.

According to the National Highway and Safety Administration's 2007 National Roadside Survey, more than 16 percent of weekend, nighttime drivers tested positive for illegal, prescription or over-the-counter medication. More than 11 percent tested positive for illicit drugs. According to the 2008 National Survey on Drug Use and Health, approximately 12.4 percent - 30.9 million - people drove under the influence of alcohol at least once in the past year. Also in 2008, males were nearly twice as likely as females (16 percent versus 9 percent) to drive under the influence of an illicit drug or alcohol in the past year. These numbers are staggering, and they don't tell the deadliest side of the issue.

According to the Centers for Disease Control and Prevention (CDC), every day approximately 36 people die and 700 more are injured in motor vehicle crashes involving an alcohol-impaired driver. The CDC also reports that in 2006, nearly one-third of all traffic-related deaths in the United States occurred in alcohol-related crashes. Eve-

ryone has a responsibility in preventing drunk or drugged driving. By following some simple guidelines, you can increase the safety for both you and your guests. For example, if you plan to attend a party or other event where alcohol will be served, reserve the option not to drink alcoholic beverages.

If you intend to drink:

Plan ahead. Designate a nondrinking driver and give that person the car keys before the event begins. Also, if you are taking medication, even over-the-counter drugs, check with a pharmacist in advance of the event to determine any affect mixing the medication with alcoholic beverages may have.

Know your limit and stay within it. Don't participate in "chugging" or other drinking games that promote consuming extreme levels of alcohol. Skip a drink now and then. Having a nonalcoholic drink between alcoholic ones will help keep your blood alcohol content level down.

Be honest with yourself. If you realize you're impaired, make arrangements with the host to stay until you're sober or call a friend or a taxi for a ride. If you are hosting a party: Take the keys as individuals arrive to the event, and return them only when you're sure the individual isn't impaired.

Offer alcohol-free beverages and plenty of food. High-protein food, such as meat, cheese and peanuts, will help slow the absorption of alcohol into a person's body. Ensure guests leaving are either sober or are leaving with a sober driver.

If children under the age of 21 are present, ensure they are not given access to the alcoholic beverages.

Whether you're attending or hosting an event, be observant, and speak up, if necessary. The holidays will be healthier if we not only take care of ourselves, but look out for others, as well. While you're doing your part to ensure our roads are safe this month, law enforcement personnel will be doing the same. Impaired drivers don't only risk life and injury, they also take a chance of being arrested.

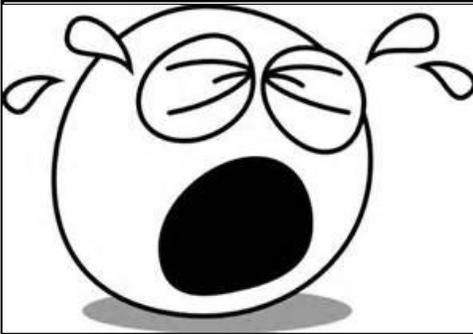
During the holiday season, in particular, police patrols and sobriety checkpoints are stepped up. A report created jointly by the University of Georgia and the University of Missouri show the perceived risk of arrest is one of the biggest deterrents to individuals who consider driving while under the influence of drugs or alcohol. Drunk and drugged driving is a very serious subject.

Since 1981, every president of the United States has demonstrated his commitment to preventing impaired driving by proclaiming December to be 3D Prevention Month. I ask that you make that same commitment for the safety of yourself and others.

**Commander's Corner  
Garrison  
Commander  
Fort  
McPherson  
& Fort  
Gillem**



# NATIONAL WHINERS DAY: DECEMBER 26, 2013



For those of us that have never heard of this, I thought it was interesting that we have actually gotten to the point of having a day set aside to simply whine. After looking this up, I thought what a wonderful concept that everyone should hold all their whining until one day and that way we could spare ourselves the 364 days of whining that we typically get. And you may think that this is just pertaining to children—wrong! How many adults do we constantly hear whine and how many of us have to say, wow, I am a whiner.

Sometimes we called these whiners “drama queens”. **This does not pertain to all but**, this is an era when “drama” seems to control our lives. It used to be reserved for pre-teens but now, the ones that we are seeing the most drama is ages 18-40, they simply refuse to grow up, take on responsibility and whine over everything that goes wrong in their lives as though they are not responsible for it. They are not going to work, not in school, are a lot of times using drugs, and are not responsible for their children. Everyone can have problems, but this age group doesn’t seem to know when it is their turn to become adults.

Rev. Kevin Zaborney, in 1986, designated December 26 as National Whiner’s Day. He founded the holiday in hopes of encouraging people to be thankful for what they have, rather than unhappy about what they don’t have.

Each year, the most famous whiner(s) is announced, from nominations accepted through December 15.

Black Friday might be the day we all rush to the stores to grab everything we need to save anything we can. However, National Whiner’s Day is a time to take back all our Christmas gifts that don’t fit, are the wrong color, looked better on the store dummy and we didn’t really want anyway. Today’s the day we can begin anew complaining and fussing and whining. Whining is the pits! We can be a nation of entitled whiners. “It’s too cold.” “I am the only one around here who does anything.” “I didn’t get what I wanted for Christmas.” “The government is doing it to us again.” “Blah, blah, blah” or should I say “whine, whine, whine.” You open the newspaper, you watch the news, you log on to your social networking accounts and you are bombarded by those around you who are whining and complaining.

Definition of Whine: To complain or protest in a childish fashion. Hunger, tiredness, boredom and feeling unwell are factors that can precipitate whining sessions, but some have learned from a very early age that whining gets them the attention that they are seeking.

Whining has become second nature and their predominant way of communicating. Their behavior is draining on relationships and it can poison a workplace, or it can improve our relationships and our jobs — it all depends how you go about it.

Whining is also good for our health. Especially when a problem in one’s life is a recurring one – work, money, children, marriage, chronic illness, aging, etc. – we need to complain about it out loud. The question is how to do this and keep our job and our friends.

The concept that whining is good seems to fly in the face of all the positive thinking ideology. This is not true. One can have a positive outlook on life and still whine. We just cannot “look at the bright side” of disaster all the time. We need to be able to complain – to get it out of our system so we can go back to living. Denial is quite detrimental to our health.

Knowing how to whine and to whom you can whine safely is a very important thing, as being able to express our feelings and complaints openly is good for our health. Our problems aren’t funny, but we do need humor – and other people – to survive them. But you know what?

## Suggestions for Celebrating National Whiner’s Day

\*Visit a shopping mall or retail store and watch people “whine” as they return and exchange their holiday gifts (remember, it’s not only the customers who whine).

\*Invite friends to a National Whiner’s Day party. In order to get in, your friends need to bring one unwanted gift, wrapped, for an exchange.

\*Hold a whining contest at home or with friends. Award the winner with a funny certificate or trophy.

So, whining is good, too much is bad, it is seen in all ages, and it is unappreciated. I like the one day thought but I think it is unrealistic considering how much we like to whine over little stuff.

So celebrate and “WHINE ON”.

# Kathie's Corner: The Beauty of McDowell County

As I travel to Welch each day from War, I can't help but notice the amount of "garbage" thrown out onto the roads, mostly beer cartons, fast food wrappings, and bottles.

McDowell was once compared to the Swiss Alps for its beauty.



HIGHWAY OVER COALWOOD MOUNTAIN, LOOKING WEST, NEAR WELCH, W. VA. 141794



As you can see by these two pictures, there is a beauty in both. The top picture is of Coalwood coming off the three lane and the bottom picture is a roadway in Switzerland.

One day, I counted 32 large garbage bags that had been collected by the inmates on Caretta/Coalwood mountain. It made me sick to my stomach of how we do not take care of our land. I thought to myself, at what point in our thinking do we ever have the right to throw trash out of our car windows? With the leaves and grasses gone for the winter, the trash is more visible than ever.

I remember when I was in college I had read a letter that was written and

it is appropriate to share it with you now:

## Chief Seattle in 1855; An Environmental Letter to President Pierce

"We know that the white man does not understand our ways. One portion of the land is the same to him as the next, for he is a stranger who comes in the night and takes from the land whatever he needs. The earth is not his brother, but his enemy, and when he has conquered it, he moves on. He leaves his fathers' graves, and his children's birthright is forgotten. The sight of your cities pains the eyes of the red man. But perhaps it is because the red man is a savage and does not understand.

There is no quiet place in the white man's cities. No place to hear the leaves of spring or the rustle of insects wings. But perhaps because I am a savage and do not understand, the clatter only seems to insult the ears. The Indian prefers the soft sound of the wind darting over the face of the pond, the smell of the wind itself cleansed by a mid-day rain, or scented with the pinon pine. The air is precious to the red man. For all things share the same breath the beasts, the trees, the man. Like a man dying for many days, he is numb to the stench.

What is man without the beasts? If all the beasts were gone, men would die from great loneliness of spirit, for whatever happens to the beasts also happens to man. All things are connected. Whatever befalls the earth befalls the sons of the earth.

It matters little where we pass the rest of our days; they are not many. A few more hours, a few more winters, and none of the children of the great tribes that once lived on this earth, or that roamed in small bands in the woods, will be left to mourn the graves of a people once as powerful and hopeful

as yours.

The whites, too, shall pass perhaps sooner than other tribes. Continue to contaminate your bed, and you will one night suffocate in our own waste. When the buffalo are all slaughtered, the wild horses all tamed, the secret corners of the forest heavy with the scent of many men, and the view of the ripe hills blotted by talking wires, where is the thicket? Gone. Where is the eagle? Gone. And what is it to say goodbye to the swift and the hunt, the end of living and the beginning of survival? We might understand if we knew what was that the white man dreams, what he describes to his children on the long winter nights, what visions he burns into their minds, so they will wish for tomorrow. But we are savages. The white man's dreams are hidden from us."

This letter should be shared with all our children, memorized, taught, and understood. We are the keepers of this land, and should never simply use it, trash it, and leave it for others to clean up.

How can we have tourism, beauty that we and others can look at if it is covered with debris. If you live in our County, teach your children that each person must pick up their our trash, throw it in the appropriate cans, recycle when possible and then we can enjoy the beauty of our mountains.

If you do not live in our County, you should never think you have the right to throw garbage out onto our roadways. Keep it in your car until you get home and then clean out the car.

Finally, if you see someone throwing out garbage, call Solid Waste Authority and report it as well as be willing to testify to help stop it for good.

And thank you to all those that do not throw out their trash.

**McDowell County FACES**  
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FACES Meeting: 2nd  
Thursday of each month at  
noon —open to the public.

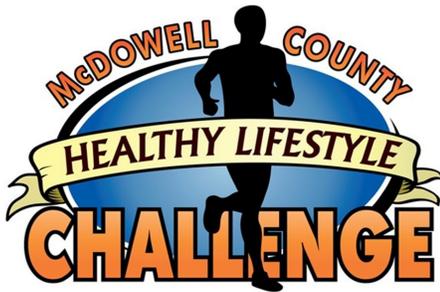
HOPE Meeting: 4th  
Monday at 10:30 a.m.—  
open to the public.

**Location: FACES Office**

This newsletter  
brought to you by  
funds from the WV  
DHHR.

## 2014 Annual Meeting Dates FACES & HOPE

<b>FACES</b>	<b>12:00 noon</b>	<b>HOPE</b>	<b>10:30 a.m.</b>
January 9		January 27, 2014	
February 13		February 24	
March 13		March 24	
April 10		April 28	
May 8		May 26	
June 12		June 23	
July 10		July 28	
August 14		August 25	
September 11		September 22	
October 9		October 27	
November 13		November 24	
December 11		December 22	



On January 7, 2014 at 10:00 a.m. the HOPE Coalition members will meet to organize the 2014 Healthy Lifestyle Challenge. If you are interested in participating in the organization of the challenge feel free to attend the meeting at 25 Bank Street (FACES). If you are thinking about being a participant in the challenge, start thinking of your team members. Last year, we had 7 (34 participants) teams complete the challenge; 2,828 servings of vegetables were eaten during the Challenge; 2,366 servings of fruits were eaten during the Challenge; 182 (frequency) religious services

## Healthy Lifestyle Challenge

were attended during the Challenge; 79 (frequency) education workshops were attended during the Challenge; 80 (frequency) community events were attended during the Challenge; 18 people took their medications as prescribed during the Challenge; 15 people helped a child with their homework during the Challenge; 136 Hours of community service were conducted by participants during the Challenge; 32 (frequency) government meetings were attended during the Challenge; 89 (frequency) visits to 'new businesses' were conducted by participants during the Challenge; 45 referrals to the West Virginia Tobacco Quit line were made during the Challenge; 35 referrals to the West Virginia Rx Abuse Quit

line were made during the Challenge; 16 participants made their car emergency response kits during the Challenge; 14 participants made their home emergency response kits during the Challenge; 23 participants helped with some form of a youth group during the Challenge; 11,328 ounces of water were drank by participants during the Challenge; During the Challenge, 12 participants participated in a workshop on budgeting; During the Challenge, 11 participants participated in a workshop on Parenting; During the Challenge, 10 participants participated in a workshop on Healthy Marriages; During the Challenge, 3 PAPs or Prostate Exams were completed by participants; During the Challenge, 2 participants had mammograms or took a friend to have one.